



# Moccasin Trail

ONERAHTOHKÓ:WA / MAY 2025

## Points of Interest:

- Walk with Ease on the walking trail starts May 5th with Ally H.
- Box Lunch Bingo at Iakhihsohtha 5/8/25
- Coloring Contest starts 5/1 and ends 5/8
- Tickets for Mother's Day Meal go on Sale May 5th
- Pool Tournament 5/16
- Shopping Trip 5/23



Our monthly Ride to Nowhere trip brought us to the Ontario Power Generation in Cornwall. We all learned something new and had a great tour and movie explaining what the dam does and how it originated. After the tour we checked out a Mr. Puff's shop and picked up some fresh donuts and coffee paid for by the Senior Club. Nià:wen Senior Club! Pg. 3...

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**We will be Closed on:**

**Monday, May 26th– Memorial Day  
Friday, May 30th– Planning Day**



# Akwesasne Senior Club



*Lorene J., Tim & Char S., Hilde B., Barbara L.,  
Phyllis J., Loretta B., Florence C.,  
Some of our participants that got to enjoy, "The  
Highway Men" at Upper Canada Playhouse.*

The Akwesasne Senior Club will be holding a Used Purse Sale on Friday, May 9, 2025 from 10 a.m. until 2 p.m. during the Mother's Day Festivities. Please come and support your Senior Club. You do NOT have to be a Senior to come and shop. Everyone is welcome. It will be set up in the Senior Center sunroom.



## SENIOR GAMES COMING SOON!

Mark your calendar for the Senior Games on Thursday, June 5th and Friday, June 6th. A schedule of events will be posted soon.

### Club Office Hours

**Mondays 11:00 am– 3:00 pm**  
**Wednesdays 11:00 am– 4:00 pm**

There are open appointments with Sierra Ackerman for haircuts. For an appointment please call Joy at 518-358-2963. Sierra now has extended hours from 9 a.m. to 1 p.m.

Next Senior Club Meeting: July 10, 2025 at 12:30 pm

*If you have recently moved or changed your telephone number please notify the Senior Club Office so your information can be updated.*

## BINGO VOLUNTEERS NEEDED

The Akwesasne Senior Club is looking for volunteers to assist with selling bingo cards on Mondays for the weekly bingo. The Club begins selling cards at 12:30 p.m. for a 1 p.m. bingo start. You will rotate on what days you will work. It will not be every Monday. It will take about one-half hour of your time. If interested please contact the Senior Club Office at 518-358-2963 ext. 3316.

*The Senior Club is reminding you that if your 2025 Membership Dues are not paid you will not be allowed to participate in Club activities and events. You will not receive the monthly Moccasin Trail newsletter. Please call or stop in to see if your dues are paid. Thank you!*

### Volunteer Bingo Schedule

#### May 5

Vicki Phillips  
Barbara A. Lazore  
Darlene Chubb

#### May 12

Ruth Bell  
Debbie Thomas  
Nancy Jacobs

#### May 19

Vicki Phillips  
Dorothy Cole  
Barbara A. Lazore

#### May 26

No Bingo  
Memorial Day

*If you cannot make it on the day you are scheduled, please call the club so they can find a replacement.*



# Saint Regis Mohawk Tribe Office for the Aging NY Connects & HIICAP

Are you 55 years old or older? Do you have a disability? We can offer you assistance when applying for the following:

- Social Security Benefits
- Social Security Disability
- Medicare (Part A, B, C and D)
- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Families (TANF)
- Heating Energy Assistance Program (HEAP)
- And More!

For Information, or set up an appointment call  
(518) 358-2834



## OFA Pool Tournaments

The pool tournament held in April was won by Tim Sunday and Ron Thomas. Our next one will be Friday, May 16th, starting at 10:30 am in the Senior Center dining room.



SAINT REGIS MOHAWK TRIBE  
**Office for the Aging**



**NY Connects**  
Your Link to Long Term  
Services and Supports



**HIICAP**  
Health Insurance Information,  
Counseling and Assistance  
Program

Medicare questions? Call Aging Connect at 212-244-6469

# May Craft Class



## Water Color Painting for Beginners

**Thursday, May 22, 2025**

**12:45 pm– 3:00 pm**

We will be trying our hand at water coloring painting! Just 2 small creations that will be greeting card size to get us started. We will be taking 5 participants, depending on interest we will add another class.

**Please call ASAP to sign up with Katie or Tenisha in the Activities Department at 518-358-2963.**



## Ride to Nowhere Continued...

Participants on our ride-along were: Tim Sunday, Carol Ann Thompson, Lori Dow, Charlene Sunday, Deb Cook-Jacobs, Lorene Jackson, Barbara Lazore, Cecelia and Barry Thomas. These yummy donuts were from Mr. Puff's dessert bar in Cornwall at 418 Ninth Street West.





# 'The Talk'

No One Wants to Have  
(But Needs To!)



It is never a pleasant or comfortable talk to have about end of life wishes, but it really needs to be told to your family and caregivers. It doesn't matter if you are a new Senior or experienced one, this discussion is better to have before it becomes a necessity. Looking to the future, this series will give you information to help make those plans. Many times, our loved ones are not prepared to make these decisions due to grief or there may be arguments amongst themselves due to final wishes not being properly talked about. This series will offer many different topics surrounding these difficult discussions. Please feel free to bring your family members and friends, it is good information for all. The series will begin on April 16, 2025.

**All presentations will take place on Wednesdays at 1:00 pm. For each date you attend, you will receive a lunch voucher and be entered to win a prize drawn at the movie event. The more presentations you attend, the better your chances to win!**

**These are the following topics:**

- May 7th- Medicaid, Medicare, and The Who, What, When, Where?
- May 14th- Hospice: 5 Wishes
- May 21st- Donaldson's Funeral Home Presentation
- May 28th- Legal: Wills, estates, executor
- June 4th- Mental Health/Grief Acceptance
- June 11th- Movie Showing
- June 18th- 10:00 am- 3:00 pm World Elder Abuse Awareness Day  
(Theme- Joyful Aging in Place)

Any questions regarding this series please contact Lyndie Brann or Rachel Jacobs at 518-358-2963



# We Had A Hoppy Easter!



April's Easter Party was a highly enjoyable event, with all attendees having a fantastic time. The festivities comprised an egg-based memory match game and a challenge to keep balloons airborne while collecting Easter eggs. An Easter egg hunt was also conducted, where the Easter bunny hid approximately 700 eggs throughout the building, with 17 of those eggs containing numbered prizes that matched the corresponding awards on the prize table. All participants eagerly exhibited their inner child, reveling in the competition to discover the winning eggs. Charlene Sunday was the winner of our Easter Bonnet contest! All attendees voted on their favorite bonnet.



## April 22: National Jelly Bean Day!




**Carol Ann Thompson is our Winner!**  
**She guessed the closest of 537**

## Lawn Care Update







We have 16 spots open for our lawn care services. First come first serve basis. Applications are done over the phone or in person. Please call 518-358-2963 and ask for Andrew or Joy.

# Overah-toh-kó:wa/May 2025

Tsiat'ahkhaton	Klokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahí:khaton
<p>Please call the Senior Center by 9:30 am to reserve a Congregate or Grab N Go meal. Please call if you will not be home for your Home Delivery Meal <b>518-358-2963</b>.</p> <p>Menu is subject to change due to Supply Availability.</p> <p><b>Mother's Day Meal</b> on Friday, May 9th. We will not be serving Grab-n-Go meals. Tickets must be purchased May 5th– May 8th at \$5.00 US each. Gift certificates do not qualify.</p> 				<b>1</b> Baked Fish Mashed Potato Mix Vegetables Roll Orange <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes Legal Aid Appointments	<b>2</b> Shake & Bake Chicken Wild Rice Mixed Vegetables Roll Pears <b>Activity:</b>	<b>3</b> 4:00 Doors Open for Lois Thomas Memorial Ace 2 King Tournament \$20 Buy in, 50/50 are \$5 each Game stars at 5 Door Prizes and Cash Prize for Winners
<b>4</b>	<b>5</b> Sweet Potato Soup Chicken Salad Sandwich Apple <b>Activity:</b> 10:00 Exercise DVD 11:00 Walk with Ease Page 8 1:00 Bingo Mother's Day Meal Tickets on Sale!	<b>6</b> Mini Frittata Mini Pancakes Bacon Homefries Fruit <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes	<b>7</b> Turkey Butternut Squash Green Beans Roll, Jell-O, Banana <b>Activity:</b> 9:00-12 Haircuts 10:00 Exercise DVD 11:00 Walk with Ease 1:00 'The Talk' Series	<b>8</b> Greek Salad Roll, Grapes Chocolate Pudding <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes 11:15 Box Lunch Bingo at Iakhihsohtha Coloring Contest Ends at 10:00 am	<b>9</b> <i>Mother's day</i> Chicken Parm Toss Salad Roll Fruit Salad <b>Activity:</b> 11:00 Walk with Ease 11:00 Mother's Day Festivities Start 11:00 Walk with Ease	<b>10</b> 5:00 Ace to King
<b>11</b>	<b>12</b> Philly Cheese with Onions &	<b>13</b> Cheeseburger Sweet Potato Fries Mixed Vegetables	<b>14</b> Chinese Chicken Salad	<b>15</b> Italian Wedding Soup, Roll	<b>16</b> BBQ Pork on a Bun	<b>17</b> 5:00 Ace to King



 5:00 Ace to King	Peppers Mixed Vegetables Orange <b>Activity:</b> 10:00 Exercise Class 11:00 Walk with Ease 1:00 Bingo	Mixed Vegetables Yogurt Peaches <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes 12:45 Ride to Nowhere National Apple Pie Day	Roll, Lemon Fluff Banana <b>Activity:</b> 9:00-12 Haircuts 10:00 Exercise DVD 11:00 Walk with Ease 1:00 'The Talk' Series (details page 4)	Toss Salad Tangerines <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes	Coleslaw Baked Beans Apple Ice Cream Sandwich <b>Activity:</b> 10:30 Pool Tournament 11:00 Walk with Ease National Pizza Day	7
<b>18</b> 5:00 Ace to King	<b>19</b> Shepard's Pie Green Beans Roll Apple Crisp Peach <b>Activity:</b> 10:00 Exercise DVD 11:00 Walk with Ease 1:00 Bingo	<b>20</b> Cream of Mushroom Soup Roast Beef Sandwich Fig Newton Orange <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes	<b>21</b> BBQ Chicken Boiled Potato Asparagus Roll Pears <b>Activity:</b> 9:00-12 Haircuts 10:00 Exercise DVD 11:00 Walk with Ease 1:00 'The Talk' Series	<b>22</b> Strawberry Spinach Salad Roll Banana Butterscotch Pudding <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk 12:45 Craft Class	<b>23</b> Stuffed Shells Toss Salad Fresh Fruit Roll <b>Activity:</b> 11:00 Walk with Ease 10:00 Shop at Marshalls in Lake Placid & lunch	<b>24</b> 5:00 Ace to King
<b>25</b> 5:00 Ace to King	<b>26</b> <b>CLOSED</b> <b>Memorial Day</b> 	<b>27</b> Pancakes with Blueberries Scrambled Eggs Bacon, Fruit Cup Orange Juice <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes 1:00 Book Club Gathering	<b>28 BIRTHDAY MEAL</b> Roast Beef Mashed Potato Broccoli & Cauliflower, Roll Black Forest Cake <b>Activity:</b> 9-12:00 Haircuts 10:00 Exercise DVD 11:00 Walk with Ease 1:00 'The Talk' Series Legal Aid Appointments	<b>29</b> Hamburger with Tomato & Lettuce Three Bean Salad Mandarin Oranges <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Class	<b>30</b> <b>CLOSED</b> <b>Planning Day</b> 	<b>31</b> 5:00 Ace to King 

Did you know?

- Nearly 54 million Americans have been diagnosed with arthritis, and an estimated 78.4 million adults (18+) will have been diagnosed with arthritis by the year 2040.
- Arthritis means inflammation of the joints; however, not all forms of arthritis involve inflammation.
- Arthritis is a term used for more than 100 medical conditions.
- Osteoarthritis is the most common form of arthritis
- The research supports treatment that emphasizes the importance of exercise to alleviate symptoms. It is important to have a balance between getting enough exercise and getting enough rest.

**Now that the warmer weather is near, our Walk with Ease Program is here!**

What is Walk with Ease?

- ✓ It is an 18-session workshop series (3 days per week for 6 weeks).
- ✓ Certified by the Arthritis Foundation. You will receive a Walk with Ease book created by the Arthritis Foundation designed to help you become a knowledgeable, confident arthritis self-manager to ease arthritis symptoms, maintain overall fitness and quality of life.
- ✓ This is a leader-led walking program that has been tested and proven to help those who complete it. It can be helpful for all individuals, regardless of whether you have arthritis or not.
- ✓ You can walk as little or as much as you can during each session! It's all about working to increase your active walking time gradually throughout the program (and after) to help relieve arthritis pain and maintain overall health.

**Upcoming Walk with Ease Workshop:**

**Location:** Saint Regis Mohawk Tribe Senior Center (Generations Park Walking Trail)- 29 Margaret Terrance Memorial Way, Akwesasne

**When:** May 5th through June 13th (Mondays, Wednesdays, and Fridays) at 11:00 a.m.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider and employer.

If you would like to request reasonable accommodations to participate in events, please contact Alexandra Hooker at (518)-481-1532 or by email at [alexandra.hooker@franklincountyny.gov](mailto:alexandra.hooker@franklincountyny.gov)



## Monthly Coloring Contest

### April Winners:

*Basket– Tim Sunday*

*Bunny– Diane McDonald*

The next coloring pages will be available  
May 1st and Judging will be  
Friday, May 9, 2025







# COOL OFF AKWESASNE!

## COOLING ASSISTANCE HEAP BENEFIT

**If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool.**

**You may be eligible for a Cooling Assistance HEAP benefit if:**

- Your household's gross monthly income is at or below the current income guidelines for your household size
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), or
- You received a Regular benefit greater than \$21 in the current program year or received a Regular benefit equal to \$21 during the current program and reside in government subsidized housing with heat included in your rent, and
- Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat, or
- Your household contains a vulnerable member based on the age (60 years or older, and under age 6) which meet all the other component eligibility criteria, and
- A member of your household is a United States Citizen or Qualified Non-Citizen, and
- You currently do not have a working air conditioner or the air condition you have is five years old or older, and
- You did not receive a HEAP funded air conditioner within the past five years.



Your household eligibility requirements include filling out an application and to provide all necessary documents. If you have any questions or need assistance with the application process, please call the St. Regis Mohawk Tribe Office for the Aging - NY Connects and HHCAP Office at 518-358-2834. Niá:wen



## How To Fight Inflammation

### How Food Affects Inflammation

The foods you eat can have a direct effect on the inflammatory levels in your body. Highly processed foods like sugar and fried foods are known to release inflammatory messengers, causing acute inflammation. By eating fresh, colorful fruits and vegetables, paired with a balanced mix of carbohydrates, protein, and fat you'll be able to keep your body healthy.

#### **-Fruits & Veggies**

Whole plant foods are filled with anti-inflammatory nutrients and antioxidants that help prevent, delay, and repair cell damage in the body. Dark leafy greens, juicy fruits like apples and oranges, broccoli, and so many others are truly nature's medicine. By adopting a diet rich in more plant-based foods, you will be constantly detoxing, hydrating, and replenishing your body with the nutrients needed to reduce inflammation. Make sure that each meal includes at least 1 or 2 servings of produce.

#### **-Lean Protein**

Proteins are the building blocks of cells, and considering cells make up each of our organs, special attention should be given to the types eaten. Choose skinless chicken, turkey, and/or fish. Lean cuts of meat as fattier cuts may result in inflammation.

#### **-Healthy Fats**

Using monounsaturated fats including olive oil and avocado oils when cooking is one option for getting in your fats! Keep in mind that your brain is made up of nearly 60% fat; and fats function as a means for your body to be able to absorb certain vitamins. Foods rich in Omega-3 fatty acids like fish, nuts, flaxseeds, chia seeds, and hemp seeds are another way to acquire this nutrient on a daily basis.

#### **-Whole Grains**

Get your whole grains in through cereals, brown rice, quinoa, and millet! These foods are high in fiber, which can serve as a huge help in the fight towards reducing inflammation. About 3-6 ounces of whole grains are recommended to eat daily.

#### **Foods to Minimize**

When it comes to anti-inflammatory vs pro-inflammatory foods, there is certainly a wide spectrum of how foods react in the body. Keep in mind that not every food will have the same effect on every person. Some body types may agree with more amounts of potential inflammation than others, and vice versa. Monitor your relationship to food to see what works and what does not work for you. These may be key indicators when finding out what foods to eat more of and which to stay away from. Deli meat, bacon, and sausage are just a few examples of highly processed foods that have been directly linked to causing inflammation in the body. Partially hydrogenated oils and high amounts of saturated fat that are commonly used at many popular fast-food chains are definitely something to be aware of when trying to avoid foods that may cause inflammation. Moderation is key with all things food-related. Food can be medicine or it can cause you more harm than good. Use mealtime as an opportunity to find out which foods your body agrees with and those of which it doesn't to meet goals of reducing inflammation.





# Satonhá:ren tsi Sahsiéríte

*Best Wishes on your Birthday and throughout the coming year!*

- |                         |                     |                                     |
|-------------------------|---------------------|-------------------------------------|
| 1- Carmen Paquin        | 12- Leonard Barnes  | Donnie Comins                       |
| Ronald Soucy            | Melly Glass         | 24- Brenda Chubb                    |
| 3- Leah Tarbell         | Leona LaFrance      | 25- Rose Marie Jacobs               |
| Dinah David             | 14- LouAnn Paquin   | Rosemary LeBlanc                    |
| 4- Belinda White        | 15- Harris Cole     | George Lester                       |
| 5- Diane McDonald       | Sylvia McDonald     | 26- Donna Cole                      |
| Adeline Herne           | Chrysetta Patterson | Wanda Grant                         |
| 7- Jackie Cree-Arquette | 17- Christy Lazore  | 28- Marie A. Benedict               |
| Patricia A. Seymour     | 20- Van Martin      | Martha Mitchell                     |
| Sandra Rourke           | 21- Emmy Mitchell   | 30- Darlene Jacobs                  |
| 8- Jennifer David       | Mike Jacobs         | If you are a Senior Club            |
| 9- Cecelia Thompson     | 22- Sheryl Thomas   | Member and your Birthday is missing |
| 11- Kenneth Thompson    | Lynn Jacobs         | or wrong, please contact the        |
|                         |                     | Senior Club (518) 358-2963          |



April 11th marked a significant occasion as we celebrated National Pet Day. Brady, an employee at the Senior Center, kindly brought in his month-old kittens, allowing us to interact with and potentially adopt them. The kittens were undeniably adorable and cuddly, bringing joy to everyone who met them. Thank you Brady for bringing them in. These kitties are still up for adoption! Just come in and ask.



## Ride to Nowhere is Back!

Sign up- hop in the van and only the driver knows Where we are Going!

**Tuesday, May 13, 2025**

**Leave the Senior Center at 12:45 pm**

Call to Register with Katie or Tenisha in the Activities office at 518-358-2963.



***Make sure you check out our Facebook page  
"Office for the Aging Saint Regis Mohawk Senior Center"  
for any updates, events or changes in the menu!***





**St. Regis Mohawk Office for the Aging**  
**71 Margaret Terrance Memorial Way**  
**Akwesasne, NY 13655**

\*Newsletters may also be received by e-mail

**Phone: 518-358-2963**

**Fax: 518-358-3071**

**Mon-Fri: 8am to 5pm**

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 Akwesasne, NY  
 PERMIT # 4

If you are not the Addressee, please  
 notify us of our mistake.

**To Addressee or Current Resident:**

## Services Available Through the OFA

If the services you need  
 are not listed, phone us  
 and we can assist with  
 referrals to appropriate  
 agencies.

Visit us on our Web  
 Page:

[www.srmt-nsn.gov/  
 programs/  
 office\\_for\\_the\\_aging](http://www.srmt-nsn.gov/programs/office_for_the_aging)

**Or Facebook:**

Office for the Aging Saint  
 Regis Mohawk Senior  
 Center

**We're Here to  
 Serve You!**

- Case Management
- Legal Aid
- Handyman
- Home Visits
- Health Promotion
- Transport Services
- Caregiver Support
- Supper Bags
- Congregate Meals
- Nutrition Counseling
- Nutritional Education
- Home Delivered Meals
- Referrals
- Craft Activities
- Socialization
- Information & Assist..

## Activities in May:

- May 8th– Box Lunch Bingo at Iakhihsohtha and  
 Coloring Contest Ends at 10:00 am
- May 9th– Mother's Day Meal (ticket needed)
- May 13th– Ride to Nowhere and National Apple Pie  
 Day
- May 16th– Pool Tournament and National Pizza Day
- May 22nd– Craft Class: Water color paint
- May 23rd– Shopping trip to Lake Placid Marshalls
- May 26th– Closed: Memorial Day

*Sign up for any Activities with Katie or Tenisha ASAP!*